



WEIGHT LOSS SOUP & BROTH RECIPES

UPDATED WITH
22
NEW RECIPES



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Stay connected through our social media channels, subscribe to our newsletter, and always be in the loop with the latest in the world of weight loss soups. It's time to indulge in a gastronomic voyage that not only delights your palate but also aids your wellness quest.

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Vegetarian Split Pea Soup



Split Pea Soup is often considered a comfort food and for good reason. It is hearty and protein-packed, made with simple and wholesome ingredients. The finished product has an amazing depth of flavor that can be enjoyed even by those following plant-based diets.

Prep: 10 min, **Cook:** 25 min, **Servings:** 4,
Calories: 250 kcal

3/4 cup Uncooked orzo pasta
1 cup Chopped onion
1 cup Chopped celery
2 cloves Garlic, minced
1 1/2 cups Chopped carrots
1 tablespoon Olive oil
1 quart Vegetable broth
1 cup Dried split peas
1 teaspoon Dried thyme
1/2 teaspoon Dried chipotle chile pepper
to taste Salt and pepper

Step-By-Step Directions

- Making split pea soup in a crockpot is a delicious and easy way to enjoy a nutritious meal. For this amazing Split Pea Soup recipe, first, rinse the dried split peas in cold water and pick out any debris that may be present.

- Then add the split peas, vegetable broth, carrots, celery, onion, garlic, bay leaves, and thyme to your slow cooker.
- Finally, cover and cook it on low for 8 – 10 hours or cook it on high for 4 – 5 hours until the peas are tender. When you're ready to serve it up, top it off with some fresh parsley for garnish.
- Split pea soup is packed with protein and fiber, making it a satisfying meal that can easily be sent to school or work as leftovers. It's perfect for cooler days, as its warm and comforting nature really comes alive in chilly weather, too!
- Also, using a crockpot allows you to prepare an easy but flavorful dinner without having to watch over a pot on the stove or stand around stirring constantly.
- The slow cooker does all the work, so you don't have to – allowing you more time away from your kitchen and more time enjoying your soup!



Spanish Gazpacho Recipe

Spanish Gazpacho is a chilled soup that epitomizes the freshness of summer. This Spanish Gazpacho is a refreshing, healthy, and delicious staple of Mediterranean cuisine.

Prep: 15 min, **Cook:** 2 hours, **Servings:** 4,
Calories: 111 kcal

4, diced Large tomatoes

1, diced Large cucumber

1, diced Red bell pepper

1, diced Small red onion

2, minced Garlic cloves

3 tablespoons Extra-virgin olive oil

2 tablespoons Sherry vinegar

2 cups Water

1 teaspoon Salt

As needed Fresh parsley for garnish

Step-By-Step Directions

- Begin by gathering all your fresh produce - the ripe tomatoes, crisp cucumber, sweet red bell pepper, piquant red onion, and aromatic garlic. Combine these diced ingredients in a large, spacious bowl, ensuring a fair mix.
- Now, grab your immersion blender or your standard countertop blender. Process the



- combined vegetable mix until it transitions into a smooth puree devoid of chunky pieces. This step imparts a creamy consistency to your Gazpacho.
- With your puree ready, introduce the extra-virgin olive oil, sherry vinegar, water, and salt into the bowl. Stir these elements meticulously until they meld into the puree, enriching it with various flavors.
- Once you have the Gazpacho mix ready, transfer it to a pitcher or an airtight container. It now needs a cool retreat in the refrigerator for at least two hours. This resting period allows the Gazpacho to chill thoroughly and the flavors to intermingle further.
- Your Spanish Gazpacho is ready to make a grand entrance at the dining table. Serve it cold, with a garnish of fresh, vibrant parsley leaves strewn on top, and indulge in a refreshing culinary journey to the Mediterranean.



Hearty Cabbage Soup



Like many soups, cabbage soup can be incredibly versatile using various ingredients and cooking methods to suit a variety of tastes. As one pot recipes, there should not be much washing up to do either.

Prep: 15 min, **Cook:** 40 min, **Servings:** 4,
Calories: 270 kcal

4 cups Cabbage head
Finely diced Medium-sized yellow onion
2, chopped Carrots
3, chopped Celery stalks
3, minced Garlic cloves
8 cups total Vegetable broth
14 oz Tomatoes (diced)
2 tablespoons Tomato paste
1 tablespoon Olive oil
½ teaspoon Salt
½ teaspoon Ground black pepper
½ teaspoon Dried oregano

Step-By-Step Directions

Sauté Your Vegetables

- **Sauté veggies:** Heat olive oil in a pot, add finely chopped onion and minced garlic, cook for 2 minutes until tender.
- **Add carrots and celery:** Chop them, add to the pot with salt and pepper, cook for 5 more minutes until softened.

Add The Bulk Of Your Ingredients

- Make cabbage soup by combining cabbage, vegetable broth, and canned or fresh diced tomatoes. Chop the cabbage into small pieces for better flavor absorption. Use dried basil, oregano, and tomato paste for seasoning.

Combine The Ingredients

- Stir thoroughly for consistent flavor and even cooking. Keep a wooden spoon handy for occasional stirring.

The Cooking

- Combine all ingredients.
- Bring to a boil, then simmer for 15-20 minutes, stirring occasionally until vegetables are tender.
- Adjust thickness with water or more broth if desired.
- Serve hot, garnish with chopped dill or parsley.



Kale Soup

Kale soup, often known as caldo verde in Portuguese cuisine, is a hearty and nutritious dish made with kale, a leafy green superfood, simmered in a savory broth. It's a delightful culinary experience marrying health and taste in one pot.

Prep: 15 min, **Cook:** 45 min, **Servings:** 4,
Calories: 150 kcal

1 Medium onion, chopped
3 Cloves garlic, minced
4 tablespoons Olive oil
1 pound Portuguese chourico
2 cans Kidney beans
1 can Garbanzo beans
5 potatoes Gold potatoes, cubed
2 Pork chops
To taste Salt and pepper
3 tablespoons Pimenta Moida (Portuguese hot chopped peppers)
1 bunch Kale - washed, dried, and shredded
1/2 head Savoy cabbage, shredded

Step-By-Step Directions

- Gather all your ingredients. Chop the onion and garlic, slice the chouriço, cube the potatoes, chop the pork into bite-sized pieces, and roughly chop the kale and cabbage.



- In a large soup pot, heat the olive oil over medium heat. Add the onion and garlic and cook until they become soft and translucent.
- Next, mix in the chouriço, beans, and potatoes. Add the pork chops to the pot. Season the mixture with salt and pepper, then add enough water to cover all of the ingredients.
- Bring the mixture to a boil, then reduce the heat and let it simmer until the potatoes are tender. This will likely take about 15-20 minutes.
- Once the potatoes are tender, taste the soup. Add Pimenta Moida and adjust the salt and pepper to your taste.
- Stir in the chopped kale and cabbage, then increase the heat to bring the soup to a gentle boil. The kale only needs about 5 minutes to cook.
- If the soup has become too thick, you may add some water to bring it to your desired consistency. This recipe suggests a brothier soup. Once ready, ladle the soup into bowls and serve hot.

Vegan Carrot Soup



Vegan Carrot Soup is a nourishing dish made primarily from carrots, vegetable broth, and aromatic herbs and spices. Simple yet flavorful, this soup is perfect for a comforting meal.

Prep: 15 min, **Cook:** 30 min, **Servings:** 4,
Calories: 250-300 kcal

1 Tablespoon Vegetable Oil
1 Large Onion (Diced)
3 Garlic Cloves (Minced)
4 Large Carrots (Sliced)
5 New Potatoes (Quartered)
2 Cups Vegetable Broth
2 Teaspoons Fresh Ginger (Grated)
1 Teaspoon Curry Powder
To Taste Salt
To Taste Pepper

Step-By-Step Directions

- Start by heating a tablespoon of oil in a large soup pot over medium heat.
- Once the oil is hot, add the diced onion and minced garlic. Sauté them, stirring frequently, until the onion turns translucent.
- Next, incorporate the sliced carrots and quartered new potatoes into the pot. Cook them for a few minutes to allow the carrots to release some of their juices.

- Now, pour the vegetable broth into the pot. Add the grated ginger, curry powder, salt, and pepper for seasoning.
- Increase the heat and bring the soup mixture to a boil. Once boiling, reduce the heat to low, cover the pot, and let it simmer for 15 to 20 minutes. You'll know it's ready when the carrots are softened and easily pierced with a fork.
- Once the soup is cooked, let it cool for a moment. Then, transfer it in small batches to a food processor or blender. You can puree the soup directly in the pot until smooth with an immersion blender.
- Check the soup's temperature. If it's cooled during blending, return the soup to the heat and warm it to your desired temperature.
- Now, your Vegan Carrot Soup is ready to serve. Pour it into bowls, add toppings if desired, and enjoy this comforting, wholesome meal.



Cucumber Soup Recipe

Cucumber soup is a refreshing, chilled dish, perfect for warm-weather dining. It's often prepared with fresh cucumbers blended into a smooth puree, with yogurt, sour cream, or buttermilk, adding a tangy, creamy texture.

Prep: 1 hrs 10 min, **Cook:** 20 min, **Servings:** 4,
Calories: 150-200 kcal

- 1 Cucumber
- 1½ pints White stock
- 1 oz Butter
- 1 Onion
- Small handful Sorrel
- A little Chervil
- 1 gill Cream
- 2 Eggs

Step-By-Step Directions

- Start by slicing the cucumbers into thin pieces. Be consistent with the thickness for even cooking.
- Evenly sprinkle salt over the cucumber slices. This process draws out excess moisture and intensifies the flavor. Allow them to rest for one hour.
- After an hour, drain the released liquid



from the cucumbers to ensure a concentrated taste in your soup.

- Take a saucepan and place the drained cucumber slices in it. Add a dollop of butter for a rich, silky texture.
- Next, add the finely minced onion, chervil, and sorrel to the saucepan. These herbs will infuse a depth of flavor into the soup.
- Pour in your preferred stock. This forms the soup's base. Season it according to your taste with salt and pepper.
- Let the mixture simmer gently for twenty minutes. This time allows the flavors to meld together beautifully.
- Now, prepare the liaison. A liaison is a mixture of cream and beaten eggs. It thickens the soup and gives it a creamy, luxurious consistency. Stir this into the simmering soup.
- After adding the liaison, your soup is ready to serve. Ladle it into bowls and serve it hot.
- For an extra touch, garnish with a sprinkle of fresh chervil or a dollop of cream.

Sarah's Pea Soup



Pea soup is a comforting and nourishing dish made primarily from peas, usually split peas, which have a natural creaminess when cooked. The soup can be pureed for a smooth texture or left chunky, depending on preference.

Prep: 15 min, **Cook:** 1 hrs 30 min, **Servings:** 4,
Calories: 150-200 kcal

- 2 tablespoons Butter
- 2 Shallots (medium), finely chopped
- 2 cups Water
- 3 cups Fresh shelled green peas
- To taste Salt
- To taste Pepper
- 3 tablespoons Whipping cream (optional)

Step-By-Step Directions

- Gather all your ingredients. Chop the shallots finely.
- Begin by melting the butter in a heavy-bottomed saucepan over medium heat.
- Add the finely chopped shallots to the saucepan. Cook them until they become soft and translucent. This should take about 3 minutes.
- Pour in the water, followed by the peas. Season this mixture with salt and pepper according to your preference.

- Increase the heat to medium-high and bring the mixture to a boil.
- Once boiling, reduce the heat to low, cover your saucepan, and let it simmer. The peas should be tender within 12 to 18 minutes.
- After the peas are tender, turn off the heat. Let the soup cool slightly, then puree the peas in batches in a blender or food processor.
- Strain the pureed soup back into the saucepan. This will ensure your soup is smooth and lump-free.
- If you're using cream, stir it into the soup at this point.
- Reheat the soup over medium heat, stirring occasionally to ensure it heats evenly.
- Do a final taste test. Season with additional salt and pepper if necessary.
- Ladle the soup into bowls, and serve hot. You may garnish with fresh herbs, a drizzle of cream, or a sprinkle of croutons.



Cabbage Fat Burning Soup

The Cabbage Fat Burning Soup is a wholesome dish rich in fiber and low in calories. This vibrant, flavorful soup not only tantalizes your taste buds but also supports your wellness journey, making it a preferred choice for health-conscious food lovers.

Prep: 1hrs 10 min, **Cook:** 20 min, **Servings:** 4,
Calories: 150-200 kcal

- 5, chopped Carrots
- 3, chopped Onions
- 2 cans Whole peeled tomatoes (canned, with liquid)
- 1, chopped Large head of cabbage
- 1 envelope Dry onion soup mix
- 1 can Cut green beans (canned, drained)
- 2 quarts Tomato juice
- 2, diced Green bell peppers
- 10 stalks, chopped Celery
- 1 can Beef broth

Step-By-Step Directions

- Start by preparing your ingredients: wash and chop the carrots, onions, tomatoes, cabbage, green beans, peppers, and celery.
- In a large pot, combine the chopped



- vegetables.
- Sprinkle the onion soup mix over the vegetables.
- Pour in the tomato juice and beef broth.
- Add enough water to the pot to comprehensively cover all the vegetables.
- Place the pot on the stove and bring the mixture to a boil.
- Once boiling, reduce the heat to a simmer.
- Allow the soup to simmer until all vegetables are tender. This should take about 1 hour. Stir occasionally to ensure all ingredients are well-incorporated.
- Once done, remove the pot from the heat. Let the soup cool slightly before serving.
- The soup can be served immediately or cooled completely and stored in the refrigerator for several days.
- When ready to serve, reheat the soup on the stove or microwave.
- Additional Options: Season with salt and pepper as needed for added flavor. For a spicy kick, add a pinch of cayenne pepper. If you're following a vegetarian or vegan diet, replace the beef broth with vegetable broth.



Celery Soup Recipe



Celery Soup is a refreshing, light dish perfect for warm weather. It is a pureed soup composed of fresh celery, onions, and herbs simmered to extract their natural flavors. The soup is blended until smooth and often served chilled, making it a wonderful antidote to summer heat.

Prep: 15 min, **Cook:** 1 hrs 10 min, **Servings:** 2,
Calories: 100-150 kcal

- 1 quart White Stock
- 4 Heads of Celery
- 2 tablespoons White Roux
- 1 gill Cream

Step-By-Step Directions

- **Preparation:** Start by thoroughly washing four heads of celery. Chop three heads into large pieces, and finely chop the fourth.
- **Cooking:** Place the large pieces of celery into a large pot. Pour in enough stock to cover the celery completely. Bring this to a boil over medium heat. Once boiling, reduce the heat to low and let the soup simmer. Cook until the celery is very tender, which should take about 45 minutes.
- **Straining:** Remove the pot from the heat. Carefully strain the soup through a sieve

into a bowl, reserving all the broth.

- **Second Cooking:** Return the strained broth to the pot and place it back on the heat. Add the finely chopped celery. Allow this to simmer until the new celery pieces are tender, about 20 minutes.
- **Thickening:** Prepare a white roux in a separate pan by cooking equal parts butter and flour until smooth and bubbly. Gradually whisk this into your soup to thicken it.
- **Final Touches:** In a small saucepan, scald a gill of cream – heat it until it’s nearly boiling, then remove from heat.
- **Blending:** Carefully stir the scalded cream into the soup, mixing well to combine.
- **Serving:** Season the soup with salt and pepper to taste. Stir well, then ladle the soup into bowls.



Vegetable Broth Recipe

Vegetable broth is a flavorful liquid made by simmering a combination of vegetables, herbs, and spices in water. Its warming, hearty qualities make it a versatile and indispensable component in diverse cuisines.

Prep: 15 min, **Cook:** 30 min, **Servings:** 16,
Calories: 100-150 kcal

- 4 quarts Water
- 4, chopped Carrots
- 2 medium, chopped Onions
- 2, trimmed, washed, and chopped Leeks
- 2 Celery stalks
- 8, sliced Mushrooms
- 1, quartered Tomato
- 5 Fresh parsley sprigs
- 3 sprigs Fresh thyme sprigs (or dried thyme)
- ½ tsp. Kosher salt
- 1 Bay leaf

Step-By-Step Directions

Preparation Steps

- Gather and wash ingredients. Roughly chop veggies; no need to peel unless tough. Crush garlic, prepare herbs and spices.



Cooking

- Combine prepared ingredients in a large stockpot, cover with water. Bring to a boil, skim foam. Simmer uncovered for 30 minutes, occasionally skimming foam.

Straining and Final Touches

- Strain cooked broth into another pot or bowl using a sieve. Cool, then use or store. Refrigerate for a week or freeze for six months.

Serving

- Use this versatile vegetable broth as a base for soups, stews, and sauces, or to cook grains like rice and quinoa. Serve warm with fresh herbs and crusty bread for a comforting meal.

Additional Options

- Experiment with varied veggies, herbs, and spices for a unique broth. Avoid bitter veggies like Brussels sprouts or artichokes. Try roasting veggies for richer flavor.

Instant Pot Chicken Broth



Instant Pot Chicken Broth is a rich, nutritious liquid derived from simmering chicken bones, vegetables, and herbs in an Instant Pot. This modern cooking tool simplifies the traditional process, reducing cooking time significantly.

Prep: 15 min, **Cook:** 6 hrs 25 min, **Servings:** 8,
Calories: 117 kcal

- 1 Chicken carcass
- 2, roughly chopped Medium onions
- 2, roughly chopped Medium carrots
- 2, leaves included, coarsely chopped Stalks of celery
- 5, whole Garlic cloves
- 1, roughly chopped Tomato
- 6 Black peppercorns
- 1 tsp. Apple cider vinegar
- 1/2 tsp., or to taste Salt

Step-By-Step Directions

- Start by preheating your oven to 350°F (175°C). Meanwhile, line a baking sheet with aluminum foil for easy cleanup.
- Arrange your onions, garlic, chicken carcass, celery, and carrots evenly on the lined baking sheet. This will ensure everything roasts evenly.
- Place the baking sheet in your preheated oven. Let it roast undisturbed for about 1 hour. By this time, the chicken carcass

should have a nice brown color.

- After roasting, remove the baking sheet from the oven. Carefully scrape all the roasted vegetables and the carcass into your electric pressure cooker, like the Instant Pot.
- To the pot, add in your seasonings: salt, a whole tomato, some cider vinegar, and peppercorns. These will add depth to your broth.
- Next, pour water into the pot, filling it up to the 2/3 mark. This will ensure that your pressure cooker can safely build pressure.
- Close your Instant Pot and secure the lid. Follow your manufacturer's instructions and select the Soup function. Set your timer for 30 minutes.
- Once the timer is set, leave your Instant Pot alone to do its magic. It will take about 10-15 minutes to build pressure.
- After the cooking cycle is complete, don't rush to open the pot. Use the natural-release method for 10-40 minutes as per the manufacturer's instructions.
- After safely opening the pot, strain the broth through cheesecloth. Cool for 20 minutes, refrigerate for 4 hours or overnight. Remove fat, and your Instant Pot Chicken Broth is ready for use.



Homemade Bone Broth

Homemade bone broth is distinctive in the culinary world for various reasons. Its preparation requires time, patience, and an appreciation for slow, thoughtful cooking - aspects that make it stand out in our fast-paced, instant-gratification society.

Prep: 25 min, **Cook:** 5-6 hour, **Servings:** 2,
Calories: 30 kcal

4 lbs. Meaty Beef Soup Bones
2 Medium Onions (quartered)
3 Medium Carrots (chopped)
1/2 cup Warm Water (110° to 115° F)
3 Bay Leaves
3 Garlic Cloves
8 to 10 Whole Peppercorns
As needed Cold Water

Step-By-Step Directions

- Begin by placing your bones into a large stockpot or Dutch oven. Pour in enough water to cover the bones completely.
- Over medium-high heat, bring the water to a boil. Once boiling, reduce the heat and let it stew for about 15 minutes.
- After stewing, drain the pot and discard the liquid. Wash the bones under cold water and let them drain thoroughly.



- Meanwhile, preheat your oven to 450°. Place the washed and drained bones into a large roasting pan.
- Roast the bones in the preheated oven for 30 minutes. Now, add the onions and, optionally, the carrots.
- Continue roasting for another 30-45 minutes or until the vegetables and bones have turned dark brown. Carefully drain off any fat.
- Transfer the roasted bones and vegetables to a large Dutch oven or stockpot.
- Pour warm water into the now-empty roasting pan and stir it to release the browned parts stuck to the bottom. Pour these juices into your pot.
- Add your chosen seasonings to the pot and pour enough cold water to cover everything. Slowly bring the mixture to a boil. This should take around 30 minutes.
- After boiling, simmer partially covered for 8-24 hours, skim bubbles. Add water if needed. Cool bones, strain through cheesecloth. Skim fat if using immediately; otherwise, chill 8 hours, remove fat. Ready to use.

Bonito Broth



Bonito Broth is a simple yet flavorful base made from bonito flakes and water, often enhanced with elements like kelp or shiitake mushrooms for added complexity. A staple in Japanese cooking, it serves as the foundation for dishes like miso soup, ramen, and various sauces.

Prep: 30 min, **Cook:** 1 hour, **Servings:** 4,
Calories: 50-60 kcal

- 5 cups Cold Filtered Water
- 5 ounces Bonito Flakes
- 1 tablespoon Rice Vinegar
- 1 (4- to 6-inch) piece Kombu or Kelp (Optional)

Step-By-Step Directions

Preparation Steps

- Gather Ingredients:** Assemble 5 cups of cold filtered water, 5 ounces of bonito flakes, 1 tablespoon of rice vinegar, and a 4- to 6-inch piece of optional kombu or kelp.
- Pre-Soaking:** In a large saucepan, combine all the ingredients. Allow them to sit for 30 minutes so the flavors can meld.

Cooking

- Initial Heating:** Place the saucepan over medium heat. Bring the mixture to a bare

simmer, ensuring it's uncovered.

- Skimming:** Carefully spoon off any scum that rises to the top for a clearer broth.
- Simmering:** Maintain a gentle simmer for about 1 hour, allowing the flavors to develop fully.

Blending & Straining

- Straining:** Use a fine-mesh strainer to strain the broth. For extra clarity, you can line the strainer with cheesecloth.
- Cooling:** Strain the broth into a 1-quart Pyrex measuring container or a medium heatproof bowl. Allow it to cool down.

Final Touches & Serving

- Storage:** Once cool, transfer the broth to your choice of containers. Make sure they are airtight to preserve freshness.
- Refrigeration:** Store in the refrigerator for up to 3 days.
- Freezing:** For extended storage, you can freeze the broth for many months.

Additional Options

- Flavor Variations:** Feel free to experiment with additional seasonings like ginger or lemongrass during the simmering stage, according to your dietary requirements or taste preferences.



Shrimp Shell Broth

The tradition of making shrimp shell broth has roots in various global cuisines, from the seafood-rich coasts of Southeast Asia to the bayous of Louisiana.

Prep: 15 min, **Cook:** 45-60 min, **Servings:** 4,
Calories: 10-20 kcal

2 pounds of shrimp Shells and tails from shrimp

1 medium, peeled and coarsely chopped Onion

1 stick, chopped Celery

2 cloves, peeled and chopped Garlic

1 organic, sliced Lemon

Made with parsley sprigs, thyme sprigs, and a bay leaf, tied together with kitchen string

Bouquet garni (parsley, thyme, bay leaf)

1 teaspoon Whole black peppercorns

About 6 cups Cold filtered water

Step-By-Step Directions

- Assemble all your ingredients for easy access.
- Clean and prep the shrimp shells, ensuring they're free of any residue.
- In a 2-quart saucepan, combine the shrimp shells with onion, celery, garlic, lemon, bouquet garni, peppercorns, and cold



filtered water.

- Place the saucepan over medium heat and leave it uncovered.
- As it comes to a bare simmer, carefully skim off any scum or impurities that rise to the surface.
- Once all impurities are removed, lower the heat.
- Allow the mixture to cook at a gentle simmer with the lid either off or slightly askew for 45 to 60 minutes. Remember to occasionally skim off any additional scum that appears.
- Once the simmering process is complete, it's time to strain. Using a fine-mesh strainer, carefully pour the broth to separate the liquid from the solid ingredients. Capture the liquid in a 2-quart Pyrex measuring container or any large heatproof bowl.
- The shrimp shell broth is now ready to be used in any of your desired recipes.
- If you're not using it immediately, let it cool to room temperature. Once cooled, transfer the broth to your chosen containers, ensuring they're sealed tightly.

Continuous Slow Cooker Broth



Slow cooker broth extracts flavors from ingredients, usually bones, vegetables, and herbs, by simmering them over an extended period in a slow cooker or crock pot. The low and steady heat allows for a deep release of nutrients and flavors, resulting in a rich and savory liquid.

Prep: 15 min, **Cook:** 8 hour, **Servings:** 4,
Calories: 50-100 kcal

- 1 Whole chicken
- 2 Chicken feet
- 1 Chicken head
- 2 Bay leaves
- 1 tablespoon Whole black peppercorns
- ¼ cup Apple cider vinegar
- Use any on hand Vegetable scraps
- Sufficient to cover all ingredients in the slow cooker Cold filtered water

Step-By-Step Directions

Preparation Steps

- Gather all ingredients.
- If using fresh carrots, peel them before proceeding.

Cooking

- Place the whole chicken or its carcass (along with optional head and feet) into the

slow cooker.

- Add in bay leaves, black peppercorns, apple cider vinegar, and any vegetable scraps.
- Pour cold filtered water into the slow cooker, ensuring all ingredients are submerged.
- Set the slow cooker on a low setting and allow the mixture to simmer for up to one week. Ensure safety by maintaining ample liquid in the cooker.

Blending

- After the first 24 hours of simmering, the broth is ready for consumption.

Final Touches

- To retrieve broth, use a ladle or measuring cup, dipping into the slow cooker.
- Strain the collected broth through a fine-mesh strainer or reusable coffee filter, removing any solids.

Serving

- The broth can be served hot as a comforting drink, or used as a base in various dishes.



Pheasant Broth

Pheasant broth is a savory liquid made by simmering pheasant bones and meat with vegetables, herbs, and water. Traditionally used as a base for soups or consumed as a warming beverage, it combines the distinct gamey flavor of pheasant with aromatic ingredients like onions, carrots, celery, bay leaves, and thyme.

Prep: 1 hour, **Cook:** 4-6 hour, **Servings:** 8,
Calories: 50-100 kcal

- 3 to 4 Pheasants
- ¼ cup Apple Cider Vinegar
- ½ teaspoon Freshly Ground White Pepper
- About 4 quarts Cold Filtered Water
- To taste Sea Salt

Step-By-Step Directions

Preparation Steps

- Begin by dismantling the pheasants: Carefully remove the breasts and legs. Separate the legs from the thighs and extract the thighbones. Set aside the thighs, legs, and breasts for alternative recipes.

Cooking

- Place pheasant carcasses and leg bones in



a stockpot. Add apple cider vinegar, white pepper, and water to cover bones. Let stand for 30-60 minutes.

- Set stove to medium, bring the mixture to a simmer. Remove any surfacing scum. Reduce to the lowest setting, placing a lid askew if available.
- Cook for 4-6 hours, skimming scum and ensuring bones stay submerged, adding water if necessary.

Blending & Final Touches

- Once done, using tongs and a slotted spoon, remove the bones from the broth.
- Next, pour the broth through a fine-mesh strainer directly into a 2-quart Pyrex measuring container or any large bowl that's heatproof.

Serving

- If you're keen to consume the broth immediately, season it with sea salt to your liking.

Herb Broth Recipe



Herb broth is a flavorful liquid derived from simmering various herbs in water. Combining herbs like basil, rosemary, thyme, and others, it captures the essence and aromatics of nature in every sip.

Prep: 30-60 min, **Cook:** 6 hour, **Servings:** 4,
Calories: 50-100 kcal

- 3 to 4 Poultry Carcasses**
- 2 chicken feet or 1 split pig’s foot**
- Chicken Feet or Split Pig’s Foot**
- ¼ cup Apple Cider Vinegar**
- About 6 quarts Cold Filtered Water**
- 2 Onions (coarsely chopped)**
- 2 Carrots (peeled and coarsely chopped)**
- 2 Celery Sticks (coarsely chopped)**
- 3 tablespoons Nettle Leaf**
- 3 tablespoons Seaweed Flakes (kelp or wakame)**
- 2 tablespoons Calendula Flowers**
- 5 Astragalus Root Slices**
- 5 Long Codonopsis Root Pieces**
- 1 medium Burdock Root (chopped)**
- 1 large maitake or 20 shiitake**
- Maitake Mushroom or Shiitake Mushrooms**
- Optional Ground Cayenne**
- To taste Sea Salt**
- To taste Freshly Ground Black Pepper**

Step-By-Step Directions

- Place poultry carcasses and chicken feet in a stockpot.
- Add apple cider vinegar and water until bones are submerged.
- Let sit for 30-60 minutes for mineral extraction. Heat the stockpot until simmering, removing any scum.
- Add chopped onions, carrots, and celery. Maintain a bare simmer, adjusting the heat low.
- Cook for 3 hours, skimming scum and ensuring bones stay submerged.
- Infuse with nettle leaf, seaweed flakes, calendula flowers, astragalus slices, codonopsis pieces, burdock root, and mushrooms.
- Cook for another 3 hours, keeping ingredients submerged. Strain broth through a fine-mesh strainer into a heatproof bowl.
- Season with cayenne, salt, and pepper. Reheat and serve in mugs as herbal tea.



Allspice Broth Recipe

Allspice Broth is a flavorful liquid infusion that combines the aromatic essence of allspice with a hearty base, often of chicken or vegetable stock. It's a multi-purpose elixir that adds depth and complexity to a range of dishes.

Prep: 30-60 min, **Cook:** 6-48 hour, **Servings:** 4,
Calories: 40 kcal

2 to 3 pounds Beef bones

¼ cup Apple cider vinegar

About 4 quarts Cold filtered water

1 Unpeeled onion

1 Bouquet garni

1 teaspoon Whole black, green, or white peppercorns

3 Whole allspice berries

Step-By-Step Directions

- **Soaking Bones:** Place 2 to 3 pounds of beef bones in a large stockpot. Add ¼ cup of apple cider vinegar and enough cold filtered water to cover the bones.
- Allow the mixture to stand for 30 to 60 minutes. This helps to extract the nutrients from the bones.
- **Initial Simmer:** Place the stockpot over medium heat, uncovered. Bring the



water to a bare simmer and carefully spoon off any scum that rises to the top.

- **Adding Flavor:** Add one chopped unpeeled onion, your bouquet garni, 1 teaspoon of crushed peppercorns, and 3 whole allspice berries to the pot.
- **Simmer and Cook:** Return the liquid to a bare simmer and then lower the heat to low. Cook at this low heat, either with the lid off or slightly askew, for a minimum of 6 hours and up to 48 hours.
- Occasionally skim off the scum from the top. Keep checking to ensure the bones are submerged, adding more cold filtered water as necessary.
- **Straining the Broth:** Use tongs and a slotted spoon to remove the bones from the pot.
- Strain the liquid through a fine-mesh strainer into 2-quart Pyrex measuring containers or a large heatproof bowl.
- **Cool and Store:** If you're not using the broth right away, allow it to cool to room temperature. Then, refrigerate it uncovered until the fat rises to the top and congeals.
- You can choose to skim off this fat for other culinary uses. Finally, transfer the broth to storage containers.

Mixed Bone Broth



Mixed bone broth is a nutrient-dense liquid made by simmering a combination of animal bones, such as chicken, beef, and fish. Enhanced with aromatic herbs and vegetables, this versatile broth is a cornerstone of both culinary and medicinal traditions.

Prep: 30-60 min, **Cook:** 12 hour, **Servings:** 4, **Calories:** 50-100 kcal

- About 4 pounds Chicken bones
- About 6 pounds Pork bones
- As collected Raw egg shells
- ½ cup Vinegar
- 4 to 5 quarts Cold filtered water
- ¼ cup Peeled chopped fresh ginger

Step-By-Step Directions

Preparation Steps

- **Initial Setup:** Place the chicken and pork bones, along with the saved egg shells, into your slow cooker.
- **Vinegar Addition:** Pour in ½ cup of vinegar over the bones.
- **Water Filling:** Add cold filtered water until the bones are fully covered.
- **Soaking Time:** Allow this mixture to stand undisturbed for 30 to 60 minutes. This helps in mineral extraction from the bones.

Cooking

- **Spice It Up:** Add the ¼ cup of finely chopped, peeled ginger to the slow cooker.
- **Slow Cook:** Cover the slow cooker and set it to a low setting. Cook for a period of 12 to 24 hours.
- **Check and Add Water:** Make sure to periodically check the water level, ensuring the bones stay submerged. Add more water if needed. If your slow cooker doesn't maintain a simmer, leave the lid slightly ajar.

Straining and Final Touches

- **Remove Bones and Shells:** Using tongs and a slotted spoon, carefully remove all the bones and egg shells.
- **Strain the Broth:** Utilize a fine-mesh strainer to strain the broth into 2-quart measuring containers or a large heatproof bowl.



Herbed Beef Shank Broth

Herbed Beef Shank Broth is a rich, aromatic soup made by simmering beef shanks with fresh herbs. This broth is commonly infused with rosemary, thyme, and basil, which boasts a deep, savory flavor profile.

Prep: 10 min, **Cook:** 4-12 hour, **Servings:** 4,
Calories: 40 kcal

4 to 5 pounds Beef shank

3 Bay leaves

5 Black peppercorns

1 sprig Fresh thyme

1 sprig Fresh rosemary

1 Dried red chile

1 chopped Leek greens

1 clove Garlic

1 small piece Fresh ginger

Pinch Ground turmeric

½ teaspoon Black cumin seeds

2 teaspoons fresh Lovage (fresh or dried)

2 teaspoons fresh Summer savory (fresh or dried)

4 to 5 quarts Cold filtered water

Step-By-Step Directions

Preparation

- Set the oven to preheat at 450°F. Lay the beef shank slices evenly in a roasting pan.



Cooking

- Place the pan in the oven. Roast the beef shank. This should take roughly 20 minutes.
- After roasting, carefully transfer the beef shank to a slow cooker.
- In the slow cooker, incorporate all the remaining ingredients.
- Pour in the cold filtered water until the beef shank is fully submerged.
- Seal the slow cooker with its lid and set it to cook on a low setting. This simmering process can range from 3 hours for a quick broth to 12 hours for a deeply infused flavor.

Blending And Final Touches

- Once cooking is completed, use tongs and a slotted spoon to take out the beef shank.
- Use a fine-mesh strainer to strain the broth, capturing it in 2-quart measuring containers or a large heatproof bowl.

Serving And Additional Options

- The broth is now ready for immediate use. Place the cooled broth (uncovered) in the refrigerator for hours.

Oven-Baked Broth



The oven-baked broth is a culinary innovation that elevates traditional broth-making techniques. Instead of simmering ingredients on the stove, they're slowly baked in an oven. This method intensifies the flavors, imparting a richer, deeper essence to the liquid.

Prep: 40 min, **Cook:** 24 hour, **Servings:** 4,
Calories: 50 kcal

About 5 pounds Bones (chicken, beef, veal, turkey)

4 to 6 feet or ½ pig's foot Extra chicken feet or split pig's foot

About ¼ cup Olive oil or melted butter

3 Large onions (coarsely chopped)

4 Carrots (peeled and chopped)

4 Celery sticks (chopped)

¼ cup Apple cider vinegar

About 5 quarts Cold filtered water

Step-By-Step Directions

Preparation

- Begin by preheating your oven to 450°F.
- Place your chosen bones and feet in a turkey roasting pan with a cover. Drizzle them with your selected oil.

Cooking

- Let the bones brown for approx 20 minutes uncovered. Be vigilant not to

over-brown.

- Introduce the chopped onions, carrots, and celery to the mix. Sprinkle in the apple cider vinegar. Finally, pour cold filtered water over the ingredients.
- Adjust oven's temperature between 200-220°F. Let the broth achieve a bare simmer with the pan lid slightly askew for an hour.
- Replace the cover securely and allow it to simmer for approx 24 hours.

Blending & Final Touches

- After the lengthy simmer, remove your pan and let it stand for half an hour. Using tongs and a slotted spoon, discard the bones and vegetables. Using a fine-mesh strainer, pour the broth through.
- Once the broth cools sufficiently, pour it into your preferred containers. Leave these uncovered in your fridge.



Chicken Broth Recipe

Chicken broth is a flavorful liquid made by simmering chicken bones, meat, and vegetables in water. Rich in nutrients and taste, it is a foundational ingredient in many cuisines worldwide.

Prep: 60 min, **Cook:** 1-2 days, **Servings:** 4,
Calories: 40 kcal

4 to 5 pounds Leftover chicken bones or whole stewing chicken
2 to 6 Chicken feet
2 to 3 tablespoons Apple cider vinegar
About 4 quarts Cold filtered water
2 to 3 Celery sticks
1 large Yellow or red onion (root end cut off, quartered)
To taste Sea salt

Step-By-Step Directions

Preparation

- Begin by preparing your bones and feet. Place them carefully into your slow cooker.

Cooking

- Pour in the vinegar over the bones and feet. Add cold filtered water until the bones are fully submerged.



- Allow the mixture to stand for 30 to 60 minutes. Add the celery and onion to the slow cooker.
- Cover and cook on a low setting for 1 to 2 days. Periodically make sure the feet remain covered with water. If the water level drops, top it up as necessary.

Blending & Straining

- Once cooking is complete, carefully remove the bones and feet using tongs.
- Proceed to strain the broth through a fine-mesh strainer.

Final Touches & Storing

- If not used immediately, allow it to cool to room temperature.
- Place it in the refrigerator, uncovered, for several hours. The fat will rise and solidify at the top.
- You can skim off this fat and save it for other culinary purposes.

Serving & Additional Options

- For a comforting beverage, sip it like tea or coffee.
- Season individual servings with sea salt for added flavor.



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